

Editorials

Start Of Something Big!

The "Start of Something," has been adopted for a television show so named that looked at how successful people and popular things got started. We just happened to stop and watch this show last Sunday by chance and because of its indirect focus in part on the importance of the family.

The show's "popular things" dealt with the historic beginning of the West Point Military Academy and the development of the now highly popular blue jeans wearing apparel. However, what attracted our attention to this TV show was not so much the success of the personalities involved - Donna Mills, Charleston Heston, Erik Estrada and Liberace - but rather the influence and positive impact that family background had on the ultimate success of these people. For example, Liberace, the talented pianist, emerged from a family where everyone, yes everyone, played some form of musical instrument. This resulted in Liberace graduating from playing school activities for 50 cents per week, to \$50,000 per week. Donna Mills emerged as a successful dancer from observing her mother struggle with a small neighborhood dancing school.

As we watched this TV show, we began to think about the black family and what it has done, or not done, to launch its children into successful careers, job opportunities, or at least values that encourage the securing of gainful full time employment in order to take care of basic needs.

Focusing for the moment on careers and jobs, we consider it alarming that in spite of the gains from the civil rights movement and related affirmative action programs, black teenage joblessness is at an unprecedented 57 percent. Black adult unemployment is at 16 percent. Equally distressing is the fact that recent economic growth has had no impact upon these black jobless figures, figures that are more than twice that of white people in the labor force.

High Unemployment

There are undoubtedly many complex factors to explain these high unemployment figures; however, we are convinced that leading these factors are certain conditions in the home. These conditions revolve around attitudes toward the work ethic and values about education. The absence of these is evident when it is observed, for example, that in Charlotte's "Hire-A-Kid" program for the summer, some black youth have declined jobs because they didn't like the nature of the work. Obviously, such youth have not learned in the home or the school that success starts with small things.

The home is in part responsible, too, for the failure of its children to have developed proper value toward work in the schools. School Board member Arthur Griffin said in an April 25 Charlotte Post article that black parents are not adequately involved in the education of their children. Lengthy distance from the schools, lack of transpor-

tation, the need to work and a parent's own negative experiences with schools are no excuses for parent failures to help and encourage their children to have positive attitudes toward the dignity of work that does not undermine an individual's moral values.

Furthermore, black parents must become substantially more aggressive in demanding quality education for their children and likewise provide them with the home environment support necessary to succeed in school. Integrated and presumably better quality schools don't necessarily guarantee a child a better education.

Much, probably too much, has been said and written about the presumed role and responsibility of the black leadership in advancing the course of equality and justice. It has been in a similar mentality that, in the words of Robert L. Woodson, "Black Americans continue to be portrayed as lost children waiting for a government Moses to save them from racism and economic deprivation."

Dispel The Myth

It is again the responsibility of the home and family to dispel the myth of a "government Moses." The failure of the black family, including the "extended family," of grown brothers and sisters, aunts, and uncles, to eliminate the "Moses" myth is responsible in part for 55 percent of all black babies being born out of wedlock. Likewise, the myth is responsible for another one-third of black Americans facing permanent welfare dependency. In addition, households headed by black females have only 62 percent of the income of their white counterparts.

We certainly recognize the external, that is, non-family forces that relate to these problems. However, when a teen-age black girl, ill prepared educationally, psychologically, financially, and morally makes a decision to engage in sexual intercourse that results in an out-of-wedlock pregnancy, the whole process of the Moses dependency welfare assistance lifestyle begins.

Black leaders can blame racism and black ministers can extol Christian virtues, but if black parents in the home, whether one parent or two, don't teach by example and encourage good, moral, educational and religious values, then alienation, poverty and welfare dependency will remain a way of life for far too many black people for years to come.

In summary, greater political, economic and social opportunity for most black Americans cannot be assured by black civic, business and religious leaders, nor anyone else, unless a home and family foundation of love, understanding, spiritual, and moral commitment and a renewed sense of self-worth begins to emerge among at least 50 percent of all black Americans. Black mothers, fathers, uncles, aunts, and older brothers and sisters, the future of black America is in your hands, make it something good.

"A RACE IS LIKE A MAN- UNTIL IT USES ITS OWN TALENTS, TAKES PRIDE IN ITS OWN HISTORY, AND LOVES ITS OWN MEMORIES, IT CAN NEVER FULFILL ITSELF COMPLETELY."

JOHN W. VANDERCOOK



Give Our Children A Sense Of Pride

"Good Thoughts" Not Expressed Mean Nothing!

"Good thoughts in one's head not expressed mean nothing." A quote that has appeared in numerous publications in recent weeks.

A quote that has an intense and significant meaning to all men and women, especially those of minority groups. From where do the good thoughts come? Within. Believing in oneself is the key to economic success and strength, unity and influence. Once a person believes in himself there really is no boundary as to his achievements and accomplishments. Thinking that blacks are good people but not doing anything to prove so is a waste of thinking energy. No one toots another's whistle, to deliver a good message, individual as well as collective efforts work remarkably well.

"Can't never did anything." A quote with one contraction that scholars often use. Can't is a powerful monster. He drives people to believe that there is no answer or no solution to the problem task. Can't has been characterized as a monster that lives on the ground of the brain that rises up and out to act as a physical and mental



Sabrina

barrier between the person and the task. Can't must be a fierce looking creature to scare so many people away from success.

The best ammunition used in the defense against can't is "I will try." Can't cannot withstand such strong willfulness. Quickly he departs and quickly he will return at the slightest onset of personal short comings. But if note is taken, can't is a lazy monster - he only reacts after a proposition has been made, never before. Aside from that, is there any place in history or today's events that states "Can't did something?"

A favorite of parental quotations is, "Do not blame someone else - blame yourself." Parents often baffle their children with this one. Kids do not understand if a "B" in English is recorded that it was their fault and not the educator. How can a "B" grade be one's fault? Simple - because that is what the work and performance warranted. Pointing the finger at someone else is easy even without reason. It has the same validity as saying something is not fair without an explanation as to why not. Just because an incident does not go according to plan does not suggest a solution of scapegoating. The alternate and better route is to ask oneself, "Did I do my best?" If the answer is no, then one cannot point the finger passing the blame. If the answer is yes, then offer one's service or help. The only comment to this is that for every finger pointed at someone else, three others are pointing back at you!

One last quotation, then call it a day. "Get out there and find someone doing something good." How can that be done with all of the crime in the country? Easy - bad news gets media attention to the point of sensationalism - thus making it glamorous to commit a crime. The good that people do often goes unnoticed, sad but true. To gain popularity, one must be controversial in some way. That causes the good that people do to be put aside and go too often unnoticed. Can an effort to correct that be made, or should it be made?

This world, especially the United States, has a quotation for just about every life situation - good, bad or indifferent. Some people live by them, others ignore them but most do recognize them. Some quotes are excellent guides to good living if applied and used; others have no real effect aside from the advice columns.

A good spread on the bread of life may consist of a mixture of "Can't never did anything" because good thoughts in one's head not expressed mean nothing; therefore, do not blame someone else - blame yourself, so get out there and find someone doing something good. A spread not so sweet but that gets the job done - covering the bread to make it more palatable and easier to wash down with the wine of the earth.

It is possible that a spread such as this could help cut down teen pregnancy?

The Quality Life

Why Dieting Alone Does Not Work Very Long!

By Ahmad Daniels
Special To The Post

Chances are you have tried dieting, are presently dieting, or have considered going on a diet. Americans are preoccupied with dieting; from Scarsdale to Beverly Hills. In fact, some of the most popular books on the market today are cookbooks and, yes, diet books!

The mere fact that one diet program after another appears on the best-seller list is proof, if proof is really needed, that none of them work very long. National statistics also reflect the failure of dieting. Americans now eat about 10 percent less than they did 15 years ago. So, one would expect, they weigh less. You and I know this is not the case. Since the mid-sixties, the typical American has grown as much as four or five pounds heavier - almost certainly because the effects of a drop in activity level has outweighed those of lower caloric intake.

Metropolitan Life Insurance Company, those fine folks who gave us those omnipresent, easy-to-read tables of "desirable weights" for men and women that are published in magazines, handed out by doctors and displayed on drugstore scales, revised these standards upward in 1983 to reflect America's heavier population.

Those longing to gain a few pounds will find the forementioned promising. However, for the rest who have made repeated attempts to remove fat from those flabby buttocks, saddlebag hips, protruding stomachs, and bulging thighs, let me assure you there is still hope... if you are willing to accept the fact your ancient body cannot, will not and should not keep pace with your 20th century technological mind. Allow me to digress... Because of the time



Daniels

difference it is possible to leave Tokyo, Japan, on a Sunday morning and arrive in Seattle, Washington, on the preceding Saturday night. But when your friends meet you at the airport and ask when did you leave Tokyo you would have to say, "I left tomorrow." We are able to bridge our mind and body. As long as you believe you can lose fat in the amount of time it takes you to microwave your chitterlings, you will always lose the battle of the bulge.

Cutting calories to control weight is no alternative to exercise. You cannot eat one less slice of bread a day and skip running (one of many possible exercises). A reduced caloric intake means you will lose mostly water and protein. The water goes when the body burns glycogen (stored sugar) for energy. Since three to four pounds of water accompany a pound of glycogen, that water makes up most of the early

weight loss. Most of the rest is protein, from muscle tissue - just what you need to keep if you desire to look better. The loss of muscle and glycogen contributes to the fatigue that often accompanies low-calorie diets. And it is that fatigue that in turn prompts you to reduce your level of activity - which is exactly what you should not do.

All right, you have lost some fat. You are irritable and hungry all the time but your low-calorie diet has resulted in a lighter you. But what happens in a few weeks? The dieting that resulted in a five-pound loss the first week or two will now produce only a one-pound loss in a week! Frustrations! Frustrations! Remember what I said earlier about our ancient bodies and 20th century minds? Our body, thanks to the protective machinery built into it through evolution, has the cells react to a drastic caloric cutback by reducing their activity, conserving energy to protect themselves against starvation.

The body's basal metabolic rate (the amount of calories used when you are at rest) may drop as much as 45 percent; the more drastic the diet, the more the rate is likely to drop. Even though you are eating no more than you did the first two weeks on your diet, your rate of weight loss slows and may even halt.

You and your body are in for a further surprise if you stray from your diet and start eating as you did before. With your metabolism significantly slowed by the diet, you may gain weight faster than you lost it (sounds familiar?), and you are likely to put on proportionately more body fat than you lost. Hold on, that's not all. Since fat tissue requires fewer calories to sustain itself

than muscle tissue does, this will make it harder for you to lose weight the next time you try.

Evolution seems to have built into the body yet another protective mechanism. This one allows the body to adjust caloric intake to caloric expenditure, helping the body maintain a relatively stable body weight even though food intake and activity levels may vary from day to day. But, yes, there is a catch - this mechanism operates properly only if the individual is reasonably active.

Airport Master Plan

The Airport Master Plan Advisory Committee (AMPAC) will hold a public meeting on Tuesday, July 23, at 7 p.m. in the third floor conference room at Charlotte-Douglas International Airport. The public is invited to attend and make comments and suggestions on the study being conducted to update the Airport Noise Abatement Program and the Airport Master Plan which will serve as a blueprint for future development of the airport and its facilities.

The public will have an opportunity to preview the airport consultant's first report on the expansion of facilities from 2-6 p.m. on July 23 at the same location. Members of the AMPAC and the consulting firm conducting the study will be available to answer questions at the open house.

The public meeting and open house are the second of four sessions scheduled to review the update of the Airport Master Plan and receive public input. All interested parties are invited to attend the open house and public meeting.

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